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IS A LIFELINE
FOR SOMEONE.**

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SINGAPORE



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Engaging disabled residents in sports
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The global economic slowdown has prompted companies and individuals to tighten their belts in the wake of declining profits and job uncertainty. Across the social sector, charities are bracing for a tougher year ahead. However, one bright spark was that we saw a 50 percent increase in corporate volunteerism last year. More and more companies are looking to give back to society in other ways.

From skills based volunteerism (we were gifted with the pro bono 'Every Grain Counts' campaign by MullenLowe Singapore and an accounting workshop by PwC

Singapore - page 5) to traditional volunteerism involving direct interaction with beneficiaries (festive carolling by Portcullis Group and National Australian Bank at the Red Cross Home for the Disabled - page 6), our partners continue to engage us in a variety of initiatives that bring as much joy to those we serve, as satisfaction to those who serve.

Notwithstanding the shortfall in donations, we closed the year on a high - with a fun-filled International Volunteers Day in thanksgiving (page 14 & 15), and a meaningful Red Wave Rising by Red Cross Youth (page 9). Red Cross House was also a

hive of activity during the Christmas and year-end holiday season. With the generous support of Ashurst LLP, Bystronic Pte Ltd and EDMI Limited, we hand delivered Christmas Festive Boxes to families on Red Cross FoodAid programme (page 8). Grab's #DeliveringHappyness and Uber's #UberSLEIGH brought toys, books and stationery, donated by the community, to our children beneficiaries - to squeals of delight and excitement (page 8).

We dedicate this edition to our esteemed donors and partners, whose generosity enables our delivery of humanitarian aid on a 24/7 basis. No one is absolutely certain how the economy will perform in 2017. The outlook is not very promising, but one thing is certain - we remain steadfast to our promise of uplifting the most vulnerable and strengthening community resilience.

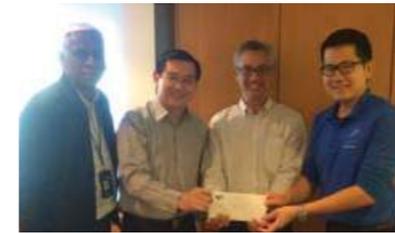
It will be challenging to raise funds in the year ahead. I appeal for your continued support for our lifesaving mission. For a start, I hope that many of you will come forward to support our SRC Flag Day on 22 April 2017 - by carrying tins or assisting in the overall operations. Please mark your calendar and support our other upcoming events as well! As our clients and beneficiaries count on the Red Cross, we count on your trust and goodwill.

Thank you.

Benjamin William
Secretary General / CEO

When	Fundraiser
22 April	SRC Flag Day
1 April to 13 May	SRC Charity Draw
8 & 9 July	SRC Bazaar for Humanity
10 October	SRC Charity Golf
4 November	SRC Charity Gala Dinner
15 November to 31 December	ChariTrees
Early December	SRC Charity Youth Concert

TNP SUPPORTS NATIONAL BLOOD PROGRAMME



The New Paper ran a special feature, "Spirit of 16" on National Day to celebrate the extraordinary individuals for overcoming adversity, and are now giving back to society. In the same spirit, 16 causes picked by these individuals were beneficiaries of a donation, made possible by the Singapore Totalisator Board.

Blood beneficiary-turned-donor Desmond Lim (right-most in photo) was one of 16 extraordinary individuals featured. He selected the National Blood Programme to receive the token. See his story on <http://bit.ly/2j9F0YO>.

ENGAGING DISABLED RESIDENTS IN SPORTS

Partnering Special Olympics Singapore in a series of sports, our Red Cross Home for the Disabled (RCHD) therapists engaged 20 residents in rope and table bowling, wheelchair mini-golf and soccer on 16 November 2016 and two residents in swimming on 17 November 2016.



PWC GIFTS BUDGETING AND ACCOUNTING TRAINING

Employees from the Audit and Corporate Support departments of PwC Singapore conducted a one day, pro-bono training in accounting, budgeting and internal controls for about 20 SRC staff on 6 December 2016. A big thank you to PwC for their tireless efforts!

"For volunteers like myself, it was a rewarding experience to learn a great deal from the participants about the operations and challenges of VWOs like the Red Cross. Opportunities and experiences like these are really things that money can't buy."
Lim Yan Jun, Senior Associate, PwC Singapore.

FUNDRAISING FOR OUR CAUSE

Our fundraising team raised awareness of our local humanitarian services at the Harley-Davidson anniversary roadshow at Turf City on 7 January.



FESTIVE CHEER TO ONE

BRINGING JOY TO RESIDENTS AND CAREGIVERS

By Agnotti Mohamed Kassim, Corporate Communications and Marketing

“Every year, we organise a Christmas Thanksgiving to bring cheer to the residents and to thank the caregivers,” said Celine Tan, Director & Resident Manager Portcullis Trust Singapore.

On 25 November 2016, **The Portcullis Group** organised a meaningful carolling party for the residents and caregivers. They handed out balloons to the residents, and presented presents to the nursing aides, healthcare aides, therapists, kitchen staff along with a sumptuous dinner at the party.

For The Portcullis Group employees, it was heartwarming to hear the excited squeals of delight of our residents, see



the radiant smiles and appreciative nods from the caregivers.

“We try and do something different for the Home every year. This year, we roped in a dance volunteer group to perform for the residents,” added Celine.

The dance volunteer group enthralled the audience with their upbeat zumba

performance while decked in Pokemon onesies, from the popular Pokemon Go!

The Portcullis Group of Companies adopted RCHD since 2007. Over the years, The Portcullis Group has been organising bi-monthly visits to the Home, and various fundraising events such as food bazaars, silent bids and auctions to help sustain RCHD's operations. Besides setting up an indoor gardening facility at RCHD, the group also donated piano.

JOYFUL CAROLLING

By Sondra Foo, Corporate Communications and Marketing



As we entered the female ward of the Red Cross Home for the Disabled (RCHD) on 9 December, “Jingle Bells” echoed in the background.

A group of 12 adults and four children donning Santa’s hats, serenaded the residents of our Home with melodious Christmas carols.

The group was first introduced to RCHD by Aida Mekonnen who was previously with another bank. Now as the Chairperson of the Corporate Social Responsibility (CSR) Committee of **National Australian Bank (NAB)**, aptly named “Giving Back SG”, Aida leads the Bank’s CSR efforts and strongly supports RCHD.

The carollers, primarily staff from NAB, also roped in their kids and friends to join in this meaningful activity. Kelly Kam, Manager, Finance Singapore at NAB, is the Singapore Red Cross (SRC) lead in Giving Back SG. She has organised carolling at the Home for two years running.

“It was a very nice experience and it was great to see the residents enjoying it. It’s my first time and it felt very rewarding. It’s great what you do here,” quipped Stephanie Verweijen, a Procurement Manager at NAB who hailed from Holland.

The radiant smiles of the residents say it all - they enjoy company, and experienced warm Christmas cheer at their wards.

For two years, the group volunteered at the counting centre for Singapore Red Cross’ Flag Day, and has already expressed interest to volunteer for the next. The group also organised a blood drive in November 2016 at Bloodbank@HSA and plan to organise another in 2017. In August 2016, NAB organised a charity “bake-off” (a baking competition) and raised \$1,500 for Singapore Red Cross.

AND ALL

Tis’ the season to be jolly! We thank our partners for rolling up their sleeves and creating precious moments for our beneficiaries and caregivers in the festive season.



CELEBRATING CHRISTMAS AT THE WORLD'S BEST AIRPORT

Last year’s Christmas celebration was an eye-opener for some residents of Red Cross Home for the Disabled (RCHD) as they visited Changi Airport on 6 December 2016.

Organised by Red Cross Youth (RCY) - NUS Chapter, the excursion and a suite of performances at RCHD were the

result of a collaboration between Project SMILES and iVolunteer. The latter is an initiative by NUS Office of Student Affairs to expose students to volunteering. Youth volunteers have been visiting our residents on a regular basis through Project SMILES - a community involvement programme by RCY - NUS Chapter. Through iVolunteer, our



beneficiaries had been to River Safari and SEA Aquarium in previous years.

STORIES OF RESILIENCE LIGHT UP MARINA BAY

ChariTrees @ Marina Bay raised awareness of the needs of the disadvantaged, celebrated strength in adversity and promoted the spirit of giving during the festive season.



A big thank you to our corporate partners for raising \$167,500 for the Singapore Red Cross through the adoption of trees and donations!

Marina Bay Waterfront Promenade was lit with 30 special trees, or ChariTrees, featuring stories of resilient individuals and families from 18 November to 27 December 2016.

ChariTrees @ Marina Bay is a special partnership between Singapore Red Cross (SRC), Community Chest. Dr Lily Neo, Member of Parliament for Jalan Besar GRC, officiated the Light-Up Ceremony as the Guest-of-Honour on 18 November.

“The stories displayed at ChariTrees @ Marina Bay 2016 show how the

community can, through volunteerism and giving, have a significantly positive influence on those with less opportunities or who need a helping hand. We hope this will inspire more people to join the Red Cross in uplifting vulnerable communities - such as the severely disabled, the skipped-generation families, the single-elderly and single-parent households, the working poor, and those who fall through the gaps of social safety nets,” said Steven Choo, SRC Deputy Secretary General.



LoveFAD volunteers wrapped presents for a \$1 donation at Jem, Tampines Mall and United Square from 14 to 24 December 2016. The initiative raised \$15,000 for SRC. We thank the volunteers for their hard work.

Truly Magical Christmas

CHIJ St. Theresa’s Convent organised the Truly Magical Christmas blood donation drive at *SCAPE HubQuarters on 23 December 2016. Themed ‘A Drop of Love’, the blood drive collected 84 units of blood.

» continues on page 8

FESTIVE GIFTS OF FOOD, TOYS AND BOOKS



Volunteers and staff delivered Christmas festive boxes to 94 families supported by SRC's FoodAid programme on 16 December 2016. Each festive box, worth \$25, contains fresh food such as rice and vegetables from The Food Bank, and a healthy recipe.

Many thanks to **Ashurst LLP, EDM Limited** and **Bystronic Pte Ltd** for making this possible.

"Although November and December are the busiest periods of the year for



Bystronic, all our employees gathered amidst their hectic schedule to pack the food items for the 'Christmas Festive Box' programme over two weeks. They were able to pause for a moment while partaking in a selfless act that brought joy to others and

themselves," said Bystronic Pte Ltd's spokesperson.

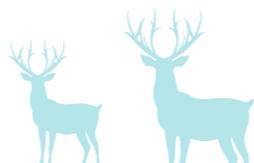
Housewife Siti Mariam Aman, 42, who has four children and is expecting her fifth, said, "I feel happy because my children all can eat, and I can cook."



#UberSleigh dashed through the streets of Singapore, collecting toys, books, clothes and stationery to bring joy to the children beneficiaries of SRC FoodAid on 2 and 3 December 2016. FoodAid volunteers and staff teamed up to distribute these gifts to children on 16 December 2016.



Grab drivers went around island-wide to collect pre-loved books, toys and school stationery on 16 December 2016, to be distributed to the underserved children as part of its donation drive "#DeliveringHappyness to underserved children". These items were distributed to 156 children of our FoodAid beneficiaries on 3 to 5 January.



RED WAVE RISING - YOUTH PLEDGE TO BOOST RESILIENCE

Photos by Karen Kay Zita, Volunteer



On 17 December 2016 at Our Tampines Hub, youths pledged to boost community resilience in Singapore by championing blood donation, educating our community on emergency and disaster preparedness, and helping the disadvantaged, through a series of activities over the next year. These efforts were in commemoration of Red Cross Youth's (RCY) 65th anniversary.

Inspired by SG Secure and themed "Red Wave Rising", the pledge was launched by Parliamentary Secretary Baey Yam Keng of the Ministry of Culture, Community at a community outreach at Our Tampines Hub.

He said, "In light of security attacks across the world, the need for Singapore to be vigilant and prepared has never been more urgent. It is crucial that all of us do our part to build emergency preparedness in our community. I hope the Red Cross Youth will serve as catalysts in engaging citizens to contribute to community resilience by donating blood, practicing first-aid, and looking out for one another."

The 10,000-strong RCY movement aged nine to 35 kicked off their 65th anniversary celebrations with a commitment to rally the community to donate 6,500 units of blood over the next year.

Highlighting the significance of the blood donation pledge, RCY Director Sahari Ani, said, "A robust blood supply is critical to saving lives during everyday emergencies, and more so in times of crisis. As passionate youth leaders, the Red Cross Youth are in a good position to encourage and inspire their peers and fellow citizens to become blood donors."

Wasting no time in taking action, the 250 RCY present at the outreach distributed blood donation pledge cards to Tampines residents, and engaged some 74 retail merchants and hawkers in Tampines to display

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RED CROSS YOUTH NURTURES SOCIALLY-RESPONSIBLE YOUNG LEADERS

Photos by Katherine Goh and Asurlekar Aalap Rajesh, Volunteers

Singapore Red Cross Youth (RCY) launched a Youth Leadership Badge on 14 January to provide youth in Singapore with a comprehensive programme for leadership in humanitarian causes.

Dr Janil Puthuchery, Minister of State for the Ministry of Education, was the Guest-of-Honour at the launch event, which was attended by some 950 Red Cross Youth, teachers, and parents, at Victoria School.

Noting the significance of the badge, Dr Janil said, "The Youth Leadership Badge develops youths into role-models of active citizenry. We will always need more young leaders to build our future."



Youth Leadership Badge

The Youth Leadership Badge programme will be offered at secondary schools and tertiary institutions that have an RCY unit, and at RCY Clubs in the community. The programme has three levels - Bronze, Silver and Gold.

The Bronze badge recognises youth who have learned the values and skills of leadership and who have engaged in humanitarian activities such as blood donation advocacy, the delivery of first aid and community service.

The Silver badge challenges youth to tap on their skills and experience to lead other youth in initiatives and projects to support the humanitarian programmes and beneficiaries at the Singapore Red Cross (SRC).

The Gold badge identifies empowered youth who have showcased their leadership skills and experience, by sharing best practices and presenting an initiative to benefit the community.

Mr Benjamin William, Secretary General / CEO for the Singapore Red Cross, said, "The Youth Leadership Badges recognises one's leadership achievements. However, leadership is defined not only by one's achievements, but more importantly, by how much one has helped others in the community. The programme prepares our youth to be life-long leaders in the advancement of humanity, in their families, community, country or even in the international arena."



Under the programme, youth will participate in community resilience initiatives driven by the Singapore Red Cross. These include the Blood Donor

Recruitment Programme, FoodAid, TransportAid, and the Community-Led Action for REsilience programme (C.L.A.R.E).

» continued from page 9

a blood donation sticker in support of the lifesaving cause.

In line with their commitment to prepare the community for emergencies, RCY also distributed 100 FoodAid packs to disadvantaged households in Tampines, gave out SGSecure information packs, and held first aid demonstrations, to equip residents with knowledge and supplies for emergencies.

Noting that the efforts of RCY align with global and national initiatives for resilience, Sahari said, "In the last 65 years, the Red Cross Youth have significantly expanded the scope of their service, from a CCA in school to a platform for humanitarian leadership in the community. It is timely for the Red Cross Youth to play an active part in driving SG Secure's call to strengthen our defences against crisis.

Catalysing Trailblazing Ideas

Youth applied what they learnt from the programme, in the annual RCY Trailblazers and RCY Ambassadors Blood Donation Competition. In the RCY Trailblazers, participants propose and present an idea or project to improve their community. In the RCY Ambassadors Blood Donation Competition, participants make a three-minute pitch to convince their fellow youth to donate blood.

At the launch event, 104 youths from 26 schools set up booths and presented their RCY Trailblazers ideas and projects to a panel of judges comprising SRC staff and senior RCY members. 70 youths from 26 schools also participated in the RCY Ambassadors Blood Donation Competition held at the event.



Low Yen Ling, Parliamentary Secretary, Ministry of Education, (second from right) with SRC Council Members and RCY Director, Sahari Ani.

As part of RCY's 65th anniversary celebrations, Low Yen Ling, Parliamentary Secretary, Ministry of Education, launched a set of limited-edition teddy bears at the RCY Challenge Campfire. The RCY 65th anniversary teddy bears are available

at \$65 for a set of four or \$20 each, to raise funds for local community services run by the Singapore Red Cross. Call 6664 0500 or email admin.rcy@redcross.sg to reserve yours today.

ENHANCING COMMUNITY RESILIENCE

The fast-aging population necessitates more comprehensive community based health care and support services - from first response to community outreach and assistance such as food, transport, befriending and home monitoring. To support the

expansion of our local humanitarian services into the next five years, in line with our 'One Billion Coalition' endeavour (see previous issue), our Community Resilience (previously Community Services) team is re-organising C.L.A.R.E (Community

Led Action for Resilience) as the overall catalyst that will drive existing programmes such as Community FirstAid, ElderAid and TransportAid; and offering new programmes such as Home Monitoring and Eldercare (HoME+). Here's a quick look:

CLOSE TO YOU

Community Resilience will also re-organise its volunteer mobilisation with the introduction of Red Cross Clubs across geographical districts. These Clubs will be led by our volunteer leaders.

"This move enables volunteers to be entrenched in the communities they serve, and take ownership of our community-based programmes, enabling more customised, creative and effective service delivery on a sustained basis, taking us well into

the future," explained Prakash Menon, Head of Community Resilience, Singapore Red Cross.

"This re-organisation enables us to consolidate our expertise, streamline our operations, and ramp up our services to vulnerable persons and families in an efficient manner. We endeavour to be delivering more holistic aid to our beneficiaries, but we are also mindful that the real purpose is to help communities become truly resilient over the long term. To do so, we have to go beyond handouts. We provide services based on ground needs, collaborate with community stakeholders, and most importantly empower our community-based volunteers through C.L.A.R.E (Community Led Action for Resilience). With our ever growing volunteer corps, I am confident we can achieve this outcome over time." Sahari Ani, Director of Services, Singapore Red Cross.

COMMUNITY-LED ACTION

Community FirstAid



16,780 man hours in Community First Aid support in a year



1,600 casualties treated by First Aiders on Wheels (FAOW) yearly

FAOW @
East Coast Park (since 2012)
Pulau Ubin (since June / July 2015)
Sentosa (from March 2017)

National & Community Events

FoodAid

\$250 feeds a family of **4** for a month

Eligibility
Families with per capita income of \$400 or less

Delivering over **\$200,000** in food vouchers every year

People we help
Skipped generation families (grandparent-headed households), single-parent / elderly households, working poor

ElderAid

costs **\$165,000** per year to run

TWICE a month home visits

Services
Social Befriending
Community Outreach
First Response
Referrals to Aid

Training and Development for Volunteers
Befriending;
Standard first aid;
Eldercare first aid;
CPR; use AED,
Psychological First Aid

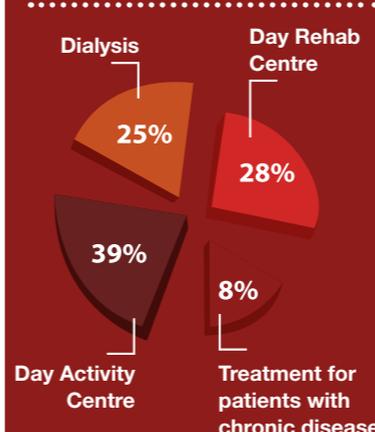
FOR RESILIENCE

TransportAid

\$650,000 annual operating cost

10,000 life-sustaining trips yearly

Helping **500** vulnerable persons access healthcare



HoME+

\$350,000 annual operating cost

Reaching out to **200** elderly in 2017

To help elderly aged **65** and above in the North East District and South East Districts

24/7¹ helpline Home Monitoring & Eldercare

¹ Pilot phase of HoME+ commences on 20 February 2017. The helpline will operate from 9am to 9pm from 20 February. The helpline will be operational 24/7 by end July 2017.

COMMUNITY ON THE GO!

Story by Beatrice Bernardino, Volunteer
Photos by July De Leon, Human Resources

International Volunteer Day (IVD), usually held on 5 December around the world, recognises the role of volunteers in uplifting the humanitarian agenda.

On 4 December 2016, Singapore Red Cross (SRC) commemorated International Volunteer Day (IVD)

by creating awareness of and re-acquainting volunteers and members with SRC's local humanitarian services namely FoodAid, TransportAid, ElderAid and Red Cross Home for the Disabled.

Themed "Community on the Go!", this year's IVD saw volunteers from

different walks of life gathering at Red Cross House. They later visited the Red Cross Home for the Disabled (RCHD) at Lengkok Bahru and Red Cross Training Campsite (RCTC) at Jalan Khairuddin. For the volunteers, it was an opportunity not only to learn more about SRC, but to interact with one another.



Volunteers learn that the Red Cross Home for the Disabled provides residential, respite and day care services for adults and children with multiple disabilities. They also signed their names on the Community-Led Action for REsilience (C.L.A.R.E) banner. C.L.A.R.E is one of SRC's flagship services that mobilises volunteers to care, befriend, and build resilience amongst the vulnerable.



"Battle-ready" volunteers enter the premises of the RCTC, not for training, but for the lunch awaiting them. At the site, the volunteers are treated to a spread and photo opportunities, much to the delight of those who brought their families along. The campsite is a platform not only for youths to learn, interact, and bond with one another, but also to host leadership and instructor training programmes.



Say, "Volunteer!" IVD participants are all smiles as they pose for photos.



Just like their big hearts for volunteering, it doesn't matter to these volunteers that they were too many against the photo booth backdrop.

An ElderAid volunteer, Ravis Cherry Tan, 43, has been volunteering for almost three years. She is as dedicated a volunteer as she is a wife and mother.

Siva Arunachala, 15, who attended IVD with his father, a long-time volunteer, was clearly pleased with the event. He had visited the campsite as a Red Cross Youth, where he learnt first aid. He looks forward to more volunteering opportunities with the Red Cross, such as blood donation drives.

Another volunteer who was very happy to be part of this year's IVD

was Johnson Ong, 53. When asked about what motivated him to start volunteering, he said that he has a passion for helping people.

Veteran volunteer, Tang Chun Tuck, 64, only has good words to say of Johnson, "He doesn't do it (volunteering) alone, he does it with other people. He inspires and encourages others to do it too."

An inspiring man himself, Chun Tuck shared he has been serving the Red Cross since he was twelve years old. Chun Tuck said that he still wants to donate blood. However, he comically



lamented, "We want more young blood!"

It was indeed a fun-filled day for the volunteers: a special day for the people who are always on the go, and whose happiness lies in serving the community.

OF DRONES, MINEFIELDS, SNIPERS AND FIRST AID

By Jacqueline Fernandez, International Committee of the Red Cross

All in a week's work for Singapore Red Cross as they host the 2nd Humanitarian Week



Humanitarian Dialogue

The week kicked off with a Humanitarian Dialogue on “The Advent of New Technologies of Warfare”, where speakers highlighted challenges to respecting International Humanitarian Law (IHL). Fifty-five guests discussed drones, cyber-attacks and IHL violations with two guest speakers, Kelisiana Thynne, Regional Legal Advisor for the International Committee of the Red Cross (ICRC) and Dr Rohan Gunaratna, from the S. Rajaratnam School of International Studies (RSIS) on 23 November 2016.



Talk: Lessons from Syria - Humanitarian Aid in Peril

Singapore Red Cross (SRC) staff and volunteers were also treated to an in-depth session on the application of IHL in the Syrian conflict and the aid provided for those affected by the

conflict there. While there were many questions about the work of the ICRC, Health Care in Danger (HCiD) and attacks on health facilities, volunteers were also keen to learn more about increasing compliance of IHL on the ground and how the ICRC and Syrian Arab Red Crescent (SARC) worked together.

Youth Leadership Humanitarian Camp

On 24 and 25 November 2016, 18 youth aged between 15 and 18, joined SRC's Youth Leadership Humanitarian Camp (YLHC).

“The camp aims to further develop their capabilities as youth leaders,



and to inculcate humanitarian values in them, to make them more effective Humanitarian Youth Leaders of tomorrow,” explained Faiszah A. Hamid, Head of SRC Academy.

Participants were put through their paces in various team building exercises, honed their Red Cross Red Crescent Movement knowledge while fine-tuning their critical thinking and decision-making skills.

“We designed the Camp specifically to incorporate both classroom and experiential learning. This way, we crafted situations to expose them to real-life challenges. We hope that this broadens not only their world view but also their leadership capabilities,” added Faiszah.

Experiential Learning Camp

Humanitarian Week 2016 ended with an experiential learning camp for adults, aimed at SRC donors and volunteers. Participants learnt more about the RCRC Movement through a series of simulation and lessons. Participants underwent a mini EHL session, learnt about the seven Fundamental Principles of the Movement and completed designated “missions” in the fictitious country of Haddar that was under attack from its neighbour, Deldar

following years of ongoing tension. Participants had to clear “mines” in a battlefield, negotiate with states, administer first aid and avoid snipers as they collected their daily rations.

“While it seemed like a day of fun and games, participants had a small taste of what humanitarian actors go through daily; the potential dangers and risks. They saw for themselves how IHL is practically applied in the field,” said Faiszah.

“My favourite part of the camp would be the RAID CROSS activity. The simulations were well-planned and suited to the actual happenings in the world. The camp had also taught me how to be a more effective leader in order to get to the end goal. It is not always easy to be



one but the courage to try and carry on is always better than not doing it at all. Overall, it was an enriching experience for me,” said Andrew Amadeus Susilo, youth participant of the YLHC, Raffles Institution.

“When I received the invitation to the Humanitarian Education Experience programme, I was really excited to register for it, yet at the same time, worried about the (physical) activities that I might have to do. This one-day camp turned out to be a wonderful experience for me. I got the chance to play different roles in a situation of war and conflict. I've learnt that we must not only be physically prepared for such violence but mentally as well. Further, as a Volunteer and Member of the Movement, the lesson on the Fundamental Principles serves to remind me of the values that I need to uphold,” shared Aubrey Arguelles, participant of the Humanitarian Education Experience programme, and SRC Member.

SINGAPORE RED CROSS — IT'S THEIR CALLING TO CARE

Isabelle Liew, *The New Paper*, 23 January 2017

Red Cross Home for the Disabled aides share how they care for the residents

Even on her days off, Miss Mary Jane Lentejas, 25, a nursing aide at the Red Cross Home for the Disabled (RCHD), would still head there to check on the residents.

She is among the 53 healthcare employees who live in an on-site dormitory located at Lengkok Bahru, which is near Jalan Bukit Merah.

The employees, most of whom are foreigners, care for more than 100 residents with severe disabilities, including cerebral palsy, spastic quadriplegia and autism.

It is a demanding job, and it is easy to overlook them. But for the residents' family members, nurses like Miss Lentejas are a godsend.

Miss Lentejas left her home in the Philippines about a year ago, leaving behind her two children aged two and five, and her fiancé to work at the home here.

She told *The New Paper*: "Sometimes on my days off, I would still go to the wards to check on the residents. As a mother, I can understand how the family members of the residents feel. When they leave, they are worried."

When TNP visited the home on Friday, the wards were clean and well-kept, and the nurses friendly and professional.

Miss Lentejas, whose eight-hour shift includes bathing, feeding, and changing the clothes of the residents, said her job is not easy as some of the residents cannot speak.



(From left) Healthcare aide Subhani Silva, Madam Koh Bee Eng, Miss Chua Sor Bee and nursing aide Mary Jane Lentejas at the Red Cross Home for the Disabled. TNP photo: Benjamin Seetor

"We need to know what is wrong with them, so we need to 'translate' their body language. When they cry, they may be hungry, or their pillow isn't arranged the way they like, or their diaper needs to be changed.

'PATIENCE'

"We need to have a lot of patience," she said.

Healthcare aide Subhani Silva, 36, has been with the RCHD for about 10 years.

She said: "I like to help the disabled residents and I work with them happily. They cannot do anything by themselves, so we need to help them.

"When I was new, it was hard to understand what they needed because they cannot talk. But I am used to them and their means of communication by now.

"I am very close to all of them. One of the residents even refers to me as her daughter."

Madam Koh Bee Eng, 82, is thankful to the RCHD for taking in her daughter, Miss Chua Sor Bee, 56, who became physically and mentally disabled from a fever she had when she was nine.

The two of them are featured in a video on YouTube for the Singapore Red Cross.

Madam Koh told TNP: "In 2007, my late husband fell and broke his leg, and I could not take care of two of them. I tried to look for different homes, but they would not take her in because she is severely disabled. I was so relieved when the home took her in.

"I am so old, I cannot take care of her already. The staff are so friendly, and they take care of her very well."

» continues on next page

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"BLOOD DONORS SUSTAIN MY LIFE"

By Sondra Foo, *Corporate Communications and Marketing*

Photo by Chia Pak Yuan, *Volunteer*



Childhood is a carefree time. However, for Goh Chun Hui, 28, his childhood memories were painful as he had to undergo gruelling blood transfusions at hospitals.

When he was merely three years old, Chun Hui was diagnosed with Thalassemia major, a condition where his bone marrow is unable to produce normal red blood cells. While other three-year-olds were bustling with energy, he was often pale, lethargic and lacked appetite.

"When I was seven, I had to undergo blood transfusions every two months.

» continued from page 18

Director of RCHD, Miss Serene Chia, said: "As most residents are unable to vocalise their needs, our nursing team is extra alert and sensitive to every gesture, sound or eye movement in delivering care.

"Though nursing is physically and emotionally demanding, many

I had to go through desferal infusions when I was nine or 10 as iron accumulation may result in health complications. The doctors and nurses had to hold me down at the hospital as I was screaming in pain. It was a terrifying experience," said Chun Hui.

He recalled his father, who passed away a few years ago, bringing him to the hospital three to four times a week. His mum, who used to be a nurse, learnt how to infuse him in a hygienic manner from a government hospital. The desferal infusions carried on till he reached 18 or 19 years of age.

"Every infusion took eight hours so I would often sleep with it, but because it was like a chain, it disrupted my sleep. At 16 or 17, I administered the injections myself. I was very nervous the first few times. Now, there is still a scar on my stomach," explained Chun Hui, an administrator in the real estate sector.

Chun Hui is very thankful for his encouraging and supportive family and understanding classmates and bosses.

In his youth, Chun Hui was exempted from physical education in school

consider it a calling and would not trade their uniforms for the world. They are truly our unsung heroes."

The Singapore Red Cross is a humanitarian organisation dedicated to relieving human suffering, protecting lives and dignity, and responding to emergencies since 1949. Besides its home and day activity centre for the

as he was too weak to participate in sports. In his late teens, he was exempted from National Service.

"I couldn't engage in strenuous or adventurous activities like skateboarding or mountain-climbing. But I could still jog, swim, cycle, play badminton or table tennis," he explained.

Chun Hui is grateful to blood donors for keeping him alive. Now, he goes for his blood transfusion once in three weeks.

"I would like to thank blood donors for their time, effort and trouble to donate blood, to help me get through tough times. Without your blood donation, I won't be here. Your blood runs through my veins.

You are more than a lifesaver to me. A lifesaver saves a person's life once. But you sustain my life on a regular basis and enable me to move forward," said Chun Hui with heartfelt appreciation.

You too, can be more than a lifesaver. You can sustain lives through regular blood donations, giving many like Chun Hui, the hope to move on. Find out more at giveblood.sg.

disabled, the Red Cross serves the vulnerable through its blood donor recruitment programme, transport aid, food aid, elder aid and community first aid. It also builds capacity and resilience through its training academy, and volunteer and youth development.

To make a donation or volunteer, visit www.redcross.sg or call 6664-0500.

VOLUNTEERING FOR TYPHOON HAIMA



Janus Ho, (fourth from left), shares her experience as one of three people deployed to provide relief efforts following Typhoon Haima.

“The residents have to live with the effects of monsoons and floods every year. By interacting with these families, I was deeply impressed and inspired by their fighting spirit in bracing for the yearly Monsoon floods, as well as their resilience to return to normalcy as soon as they can, without losing hope,” recounted Janus Ho, one of three people deployed to provide relief efforts in the aftermath of Typhoon Haima.

Janus chose to volunteer with the Singapore Red Cross (SRC) as SRC’s mission, fundamental principles and core values resonated with her. Starting out as a Community FirstAider in 2013, Janus joined International Services after completing overseas disaster deployment training and workshops in October 2016.

“The intensive training equipped us with the necessary skills and knowledge which enabled us to better perform

our role as humanitarian disaster responders,” explained Janus.

In the disaster response mission held from 28 October to 1 November 2016, Janus, together with a volunteer, Victor Ng and SRC staff Nicholas Boon, were mobilised to the remote communities which were severely flooded after Typhoon Haima hit Central Vietnam.

“The Viet Nam Red Cross Society and the local authorities recognised our good intentions to provide aid to the disadvantaged and the vulnerable. They provided full support in assessing the badly-affected provinces to meet the needs of affected households, despite the rainy weather and challenging road conditions.

I was also humbled by the friendly smiles (in the face of adversity), the warm welcome extended to us by the affected families, and their willingness to share with us their encounters - the loss

of their belongings and livelihoods in the aftermath of Typhoon Sarika (the local name of the disaster),” shared Janus.

“Emergencies and disasters may strike anytime, anywhere. Providing relief in times of disasters, and helping people affected by the disaster to quickly resume their normal lives are crucial. But increasing the awareness and preparedness (emergency or disaster) of the people and building capacity are also important aspects of disaster response and relief,” explained Janus.

Counting the mission as an insightful and enriching one, Janus shared, “As I am blessed to be living in a country free from natural disasters, I will continue to contribute my efforts to disaster response, relief efforts or humanitarian work whenever possible. I hope to leverage my experience, knowledge and skills acquired through SRC’s training and deployments to help others.”

RECOVERY EFFORTS FOR ACEH EARTHQUAKE SURVIVORS



Singapore Red Cross (SRC) committed S\$50,000 in relief items to support disaster response efforts following a 6.4 magnitude earthquake that struck near the province of the Pidie Jaya District in Aceh, Indonesia on 7 December 2016.

The funds supported the search, rescue and retrieval efforts by the Indonesian Red Cross - Palang Merah Indonesia (PMI), which worked with local government agencies to provide immediate assistance to affected people. The assistance included the provision of excavation and debris clearance equipment, blankets, tarpaulins, hygiene kits, food packs, as well as two 5,000 litre water tanks and water purification equipment, management of injuries, safe water, medical and health services, food, and

emergency shelter to communities affected by the earthquake.

SRC deployed Allied Health professionals and psychological first aid practitioners to support the communities affected by the earthquake that struck Aceh Indonesia from 13 to 17 January.

SRC Secretary General / CEO Benjamin William said, “As expected, the SRC team deployed to Aceh found significant numbers of survivors with orthopedic injuries. The necessary immediate medical treatment, including surgery had been provided, with the Indonesian Red Cross surgeons alone having performed surgery for more than 20 patients. This large number of orthopaedic patients require follow up

physiotherapy care to facilitate early recovery.

Another priority is to help affected children be ready to return to school when the new term starts. School life helps children regain a sense of normalcy after a disaster and is also critical for their emotional recovery.”

SRC volunteer health professionals worked with the Indonesian Red Cross Society (PMI) to support local health professionals and volunteers with a capacity building programme for physiotherapy care. This initiative is actually be an expansion of SRC’s ongoing project to build capacity for mass casualty management in Aceh. Where needed, the SRC volunteers will also provide physiotherapy care directly.

SRC’s psychological first-aid trained volunteers participated in PMI’s programme to provide educational materials, stationery and school uniforms for children returning to school. They supported PMI’s ongoing psychosocial support activities for the affected children. SRC’s involvement is part of its SPLASH (School Promoting and Learning about Safety and Hygiene) project - an ongoing collaborative project with PMI to build resilience amongst school children in Aceh.

SUPPORTING DISPLACED COMMUNITIES IN SYRIA

On 15 December 2016, Singapore Red Cross (SRC) committed US\$10,000 in humanitarian aid to help vulnerable displaced people in Syria, including those affected by the crisis in Aleppo. SRC worked with Syrian Red Crescent and International Red Cross Red Crescent Movement partners, to deliver the much-needed aid, which included food, hygiene

kits, shelter kits, medical supplies, and more.

SRC Secretary General / CEO Benjamin William said, “The ongoing conflict in Syria has caused the humanitarian crisis to worsen day by day. Even the basic needs of the millions who have been displaced by the crisis are not being met. Currently,

food remains the main focus of relief efforts. As much as 40 percent of the population in Syria is experiencing food shortages, and there is an urgent demand for food supplies.”

Since 2014, the SRC has been supporting the people affected by this current conflict through our Middle East Response Fund.

IN SINGAPORE, 97% ARE ABLE-BODIED. HOWEVER, SOME DEPEND ENTIRELY ON A CAREGIVER.

We sometimes forget that some of us need help with simple, daily activities. With your support, vulnerable people like Fahmi will get professional care and therapy. Donate at redcross.sg or call 6664 0500 to help.

Donate at redcross.sg or call 6664 0500 to help.

Source: MSF



GLUE ALL SIDES FIRMLY. STAPLING & SPOT SEALING IS DISALLOWED.

With your support, vulnerable people like Fahmi will get professional care and therapy.

Buys 1 week of **DIAPERS** for a resident of **Red Cross Home for the Disabled**

Feeds a **FAMILY** of 4 for **2 DAYS**

A GIFT OF **\$20**

Helps **1 BENEFICIARY** get to and from his **MEDICAL TREATMENT** via our TransportAid service

Feeds a **FAMILY** of 4 for **5 DAYS**

A GIFT OF **\$50**

Subsidises **1 VOLUNTEER** to be **FIRST AID READY** and respond to emergencies in the community

Feeds a **FAMILY** of 4 for **10 DAYS**

A GIFT OF **\$90**

FEEDS a FAMILY of 4 for

1 WHOLE MONTH

A GIFT OF **\$200**

Yes! I want to make the difference.

Monthly gift (Please do NOT tick for one time donation) \$20 \$50 \$90 \$250 Other: _____

Credit/Debit Card Bank: _____ Card No. (VISA/Master Card/Diner) _____ Expiry Date: _____ CVV: _____

Cheque (payable to "Singapore Red Cross Society") Bank: _____ Cheque No.: _____

GIRO (please send me a GIRO form)

Signature: _____ Date: _____

Donor Particulars

Full Name: (Dr/Mr/Mrs/Ms/Company) _____ (In BLOCK LETTERS, please underline your surname)

NRIC No./FIN No./UEN No.: _____ Occupation: _____

Address: _____ Postal Code: _____

Email: _____ Mobile: _____ Tel: _____ (Home/Office)

I wish to...

- be a Member of the Singapore Red Cross (SRC) — send me the sign up form & register me for voluntary service.
- allow my personal data to be collected and used for future correspondence through voice call, SMS text and/or email by SRC for the purpose of fundraising. (For withdrawal of consent, access and correction of your personal data or further inquiries, please contact the Fundraising department at 6664 0500 or fundraising@redcross.sg)

For more information, please visit redcross.sg or connect with us at facebook.com/sgredcross.

Profile

ELDERLY MAN ON VOLUNTEER: SHE'S LIKE FAMILY

By Kintan Andanari, The New Paper



De Silva Bernard, 77, lives alone and his solace comes in the form of weekly visits from his son, and fortnightly visits from a Singapore Red Cross (SRC) volunteer under the Community-Led Action for Resilience (C.L.A.R.E.) community programme.

C.L.A.R.E. trains and mobilises volunteers to provide first aid, eldercare and befriending services in their neighbourhood.

It is one of the community programmes promoted under SRC's latest campaign.

The former security guard suffers from a heart condition, knee problems and arthritis, which limits his movement to his flat alone.

He also experiences occasional blackouts, which puts him in danger of collapsing while unattended, but he insists on living independently.

"I wake up at 5am every day, look at the sky and thank God for another day," said De Silva.

Source: The New Paper © Singapore Press Holdings Limited. Reproduced with permission.

He fills his days with simple chores like folding clothes, while television programmes keep him occupied in between meals.

He said: "I watch TV all day. What to do? That's the only thing I can do." He sustains himself mainly through grants from various organisations and daily food delivery from a church. Eastern Health Alliance, which also works with the Tampines West grassroots, referred him to SRC two years ago.

Assigned to Visit

SRC volunteer Agnes Hlaing (left), 61, has been assigned to visit him every fortnight.

She joined the SRC in 2008 as part of the International Services team and was invited to join the C.L.A.R.E. programme when it started in 2014.

Agnes said: "We usually just watch the news and debate about it.

"He even knows Aung San Suu Kyi and supports Hillary Clinton. We also

like the same musicians from the 1970s."

Agnes stressed the importance of the elderly having company.

"Company is one of the fundamental things in life. If being around him helps him release his stress and make him happier, then I'll be happy as well," she said.

SRC Secretary General / CEO, Benjamin William said that loneliness among elderly should not be dismissed.

He said: "Data shows there are currently about 41,000 people over the age of 65 living alone.

"This phenomenon is set to grow with our ageing population as the number of Singapore citizens aged 65 and above is expected to double between 2015 to 2030."

Benjamin added that about 70 per cent of out-of-hospital collapses occur at home.

"As the elderly are more prone to health conditions that cause collapses, it is important to have someone check in on them regularly," he said.

"This is also why the Singapore Red Cross is working on launching a home eldercare monitoring service next year."

After two years of having Agnes visit him twice a month, De Silva considers her his closest companion.

He said: "She's more like family now. She's the closest I've got apart from my son."

ANGELS OF SHOP@REDCROSS



For more than a decade, some 20 volunteers operated the Shop@RedCross at Jalan Khairuddin (Red Cross Campsite) with love.

The ladies would come together to sort donations in-kind on Tuesday, and open the thrift shop for business on Fridays. Once in three months, they would organise the much-anticipated Sunday bazaar, which opens to snaking queues and rakes in about \$14,000 each time.

Toiling behind the scenes, they have made Shop@RedCross a popular hangout amongst residents of Opera Estate, nurtured a loyal following of

shoppers with big hearts, and created a successful social enterprise even before the term was popularised.

For the uninitiated, it is no mean feat running the thrift shop. These volunteers, mostly homemakers or retirees with busy multi-tasking schedules, take time to carefully sort, package and price the items every week. Each quarterly bazaar would take three to four months to prepare. On the actual day of the bazaar, some volunteers would prepare drinks and bake muffins to sell to hungry patrons. Many would also rope in their husbands, children and even grandchildren to help out. After each

bazaar, they had to pack, clean and clear the rooms for the following week.

The hours were long and the work arduous, but for them, Shop@RedCross was great teamwork, and a "labour of love" for Singapore Red Cross. They derived an intrinsic sense of accomplishment for raising money for a good cause, and that motivation spurred the ladies on.

After ten fruitful years of heartfelt effort fundraising for humanity, Singapore Red Cross thanks our lovely volunteers for their unstinting dedication to our humanitarian mission.

AN ENTHRALLING CONCERT THAT EMPOWERS



Held on 5 November 2016 at the Singapore Conference Hall, the Singapore Red Cross (SRC) Charity Concert 2016 raised \$78,370 for SRC's local humanitarian services. The concert was graced by Guest-of-Honour, Minister Tan Chuan-Jin, Minister for Social and Family Development.

Themed "The Nyonya Journey", the musical performance was inspired by Lee Kan, the ancestor of renowned singer-songwriter Dick Lee. The

performance brought the audience on a nostalgic journey back to 1776. Orchestrated by established composer and conductor Eric Watson, the oratorio made its world premiere at the SRC Charity Concert. Chinese Orchestra, choir and vocalists presented new compositions by award-winning composers at the oratorio.

"Individuals and families depend on our humanitarian services for day-to-day matters that we take for

granted. This includes the elderly and lonely who turn to the Red Cross for friendship and care; the diabetic or stroke patients who depend on the Red Cross to get them to medical treatment and therapy; or the struggling grandparents who rely on the Red Cross to put nutritious food on the table for their grandchildren," said SRC Chairman Tee Tua Ba in his speech as he thanked donors for uplifting and empowering the vulnerable amongst us.

Shop@RedCross Discount Coupon

- Terms & Conditions:
1. Applicable at thrift shops at Red Cross House and Red Cross Training Campsite
 2. Valid from 1 March to 31 May 2017
 3. Visit redcross.sg for addresses and opening hours

★★★★★
\$3 off with **\$30** nett spend for regular priced items
 ★★★★★
 Find apparels, accessories, books, toys and household products at our thrift shops!

Shop@RedCross now on Carousell!

- Terms & Conditions:
1. Open to slight negotiation
 2. Strictly for self-collection only

★★★★★
 Electronic devices and collectibles now available at
sg.carousell.com/redcrossshop

Proceeds from our thrift shops fuel our humanitarian services, namely ElderAid, FoodAid, TransportAid, Community FirstAid and Red Cross Home for the Disabled.



OUR ELDERAID JOURNAL



24 September 2016

Engaged residents of Tampines West and Tampines Central in an outreach activity.



2, 9 & 15 October 2016

Conducted Standard First Aid and AED training at Tampines West Community Centre.



23 October 2016

Participated in the first Befriending Training session co-organised by Singapore Red Cross (SRC) and our partners North East Community Development Council and Eastern Health Alliance.



4 November 2016

Shared our service with 45 youth members and general volunteers at the first North East volunteer networking session for Red Cross Club@Community at i2Hub Academy@Atrium.



13 November 2016

Engaged residents of Bedok South in an outreach activity as part of the Bedok at Community for All Ages Day.



9 December 2016

Organised the South East District session networking and update session for youth and volunteers at Suntec Convention Centre.



10 December 2016

Engaged 40 elderly at the Wellness@West at Blk 811 Tampines Avenue 4. They made sushi, learnt about diabetes, learnt to dance zumba and played games.



11 December 2016

Provided first aid coverage for 320 Tampines West residents at the zoo.

Heartfelt Condolences

We are deeply saddened by the passing of Muhammad Noor Bin Dol, a beneficiary of ElderAid and TransportAid, who was featured in our 2016 campaign on community services.



THE GIFT OF HEALTHCARE AND EDUCATION

Last December, a team of Singapore Red Cross (SRC) volunteers, comprising five nurses and six teachers, mounted an OHP to Kupang, Nusa Tenggara Timur, Indonesia, in partnership with HAND Fortuna. They share their experiences with Red Cross News.

"We worked with a group of seven local nursing student volunteers to screen 238 people at Ratnamo Refugee Camp, Manusak and 55 people at Alak Final Dumping Ground from 14 to 16 December 2016 and 17 December 2016 respectively.

Most of the adults suffered chronic pain at their lower backs, a strain from farming. Many children had runny nose, cough and fever.

We educated them about proper hygiene, malaria prevention, effects of smoking, and alcoholism, and chronic diseases such as diabetes mellitus and hypertension. We also taught the nursing students how to use the equipment we brought along as they did not have prior experience using them.

As expected, we encountered challenges along the way. With changes in the location of health screening, the workflow that we planned earlier was not functional. After discussing with the team, we went back to the drawing block, re-planned and executed the amended workflow. That proved to be a success.



Conducting the health screening at Alak was an eye-opener for us. In Singapore, we have grown accustomed to ample space, proper facilities, equipment, clean tables and stable chairs. In the village, we had to improvise our working environment with empty barrels as makeshift tables and we provided health screening on our feet.

Overall, we had a fruitful OHP experience in Kupang. Despite the many challenges, our hopes and spirits were not dampened. Our aim of assisting and imparting our knowledge to the community kept us going," shared Nadiah Erniyanti of SRC's Volunteer Nurses Network.

"We delivered lessons on the English Language, career guidance and self efficacy to over 600 students in Ratnamo Refugee Camp, SMP Negeri 20 and Alak Final Dumping Ground.

We learnt that it takes very little for some to be happy and satisfied. And the opportunity to learn with one another is not to be taken for granted. It touched our hearts greatly when the students teared when we told them that their dreams are in their hands and that they are special. It is something seemingly simple, but the power of a dream is something that these students probably rarely hear. We were truly humbled.

It was inspiring to share knowledge and best practices with passionate, capable and skilful teachers both in Singapore and Indonesia," shared the Volunteers' Teachers Network.



WISHES FOR THE NEW YEAR

By Sheyaam Hill, Volunteer

It's a new year! Red Cross News speaks to Red Crossers on their 2016 highlights and 2017 wishes.



"Having joined the Meals with Love programme last year, I learnt to always remain humble, not take the things I am blessed with for granted, and be more compassionate and understanding. I hope that the Red Cross will continue doing good for society and that the volunteers will increase exponentially!"
Aneka Nair, FoodAid

"My wish for 2017 is to constantly upgrade myself and contribute to SRC in the area of volunteer training. I am hopeful that SRC will continue to keep up the good work and play a vital role in Singapore and the Red Cross fraternity." **Muchsin Dahlan, International Services**



"I joined C.L.A.R.E in December last year because I have always enjoyed interacting with the elderly. It heartens me to know that our community cares and looks out for one another. For this reason, my wish for 2017 is to bring more smiles to the faces of beneficiaries, volunteers and staff!"
Sofina Ng Chu Quan, Community-Led Action for Resilience

"My wish for 2017 is to embark on humanitarian challenges to make a difference in one way or another. I joined the Singapore Red Cross to empower individuals and communities so that they will be able to make a difference by paying it forward. I have truly realised the immense impact of the Red Cross in alleviating suffering and improving the lives of the vulnerable." **Victor Ng, International Services**



"I enjoy working with fellow volunteers from the Singapore Red Cross. I started volunteering about 18 years ago. Over the years, I've come to work with like-minded people who have motivated me to continue my volunteering journey in humanitarian work. In 2017, I hope to achieve new heights in my career, spend more time volunteering and improve my photography skills." **Teo Wei Keong, volunteer photographer**



"Flag Day was a moment that stood out for me. I was a member of the preparation team and it made me realise all the hard work that staff and volunteers put into serve humanity. I was inspired to see everyone working in unity to raise funds for those in need.

I enjoyed working alongside Faridah of the Fundraising Department. There was always a sense of care and everyone helped one another as one big, united family." **Gideon Tay, Fundraising**

"The most precious moment last year was when I realised the difference I had made in the lives of the cadets. I thoroughly enjoy working with my newfound colleagues from the Singapore Red Cross Academy. My wish for 2017 is that all staff and volunteers uphold the seven Fundamental Principles of Red Cross.

Another wish for 2017 is to constantly upgrade myself and contribute to SRC in the area of volunteer training. I am hopeful that SRC will continue to keep up the good work and play a vital role in Singapore and the Red Cross fraternity." **Low Yu Ping, Red Cross Youth / Singapore Red Cross Academy**



"Last year, I joined the Singapore Red Cross because I wanted to lend a helping hand to those in need. At first, I was a bit apprehensive about the FoodAid service as I was concerned about how our assigned family will open up to us. It was heartwarming to see the beneficiaries slowly sharing their lives and feeling comfortable. They have taught me so many life lessons. This is an experience I hold close to my heart. My wish for 2017 is to continue my journey with the SRC to lend a helping hand." **Tiffanie Tan, Meals with Love**



"In September last year, I joined an Overseas Humanitarian Programme (OHP) where we spent 13 days in Yangon, Myanmar interacting with the students and teachers at a school in Hmawbi Township. We even held a blood donation drive with Myanmar Red Cross Society. I made many new friends and improved my social and relationship skills during the OHP. My wish for 2017 is to once again serve the Singapore Red Cross with humility." **Winnie Pang, Red Cross Youth**



"Singapore Red Cross, especially its ElderAid service, broadened my horizons and made me want to reach out to people who are in need. As a Social Work major, I could apply what I learnt at school such as empathic listening and affirmation. My academic background enabled me to improve my interaction with my beneficiary.

Over the past year, I've received so much love and support from my family and friends. Their love encourage me to give back to society. I want to continue to be in touch with the community and volunteer my time and effort as much as I can." **Zainurwarna Mohamed Zainuri, Community-Led Action for Resilience**

TOGETHER FOR A GOOD CAUSE

In this Valentine's Day Special, Red Cross News speaks to couples who donate and volunteer together!

Asnah Bte Ariffin, 51 years old, a Homemaker and Halim Bin Mohd, 51 years old, an employee of Singapore Civil Defence Force, share their love for each other, and for saving lives.

1. How did you meet each other?

Asnah: Though we were school mates in vocational school when I was 16 or 17, we didn't know each other when we were in school. We were introduced to each other by friends in 1991 when I was 26 or 27. It was love at first sight.

2. How long have you been together?

Asnah: We dated for six months before we got engaged. He was a gentleman, he came to my family to propose to me when we were 27. We got married on 17 May 1992. We have three boys aged 23, 21 and 18.

3. Describe your spouse in three words.

Asnah: Loving, caring, sincere.

Halim: Loving, caring, helpful

4. What was the most memorable moment when you were dating?

Asnah: We didn't really date before we wed. The most memorable moment was when he first he declared me as wife.

Halim: She took care of me when I was sick.

5. Did he motivate you to donate blood?

Asnah: My husband is a blood donor and he encourages me to donate blood. At first, I was scared as I was told it was painful and time-consuming. I followed my husband to Bloodbank@Woodlands



at Civic Centre. Unfortunately, he couldn't donate blood as he was on painkillers. I donated blood on his behalf. It was a good experience donating blood and I will come back to donate again. My husband donated blood a few weeks later.

Halim: My wife wanted to donate blood for a long time but she was not confident. She followed me to the Bloodbank and I urged her to give it a try.

6. What's your favourite activity to do together?

Asnah: I enjoy going on holidays to Australia, Thailand, Indonesia with my husband.

Halim: I enjoy praying together and going out together. We both feel it's our responsibility to take care of each other's parents.

7. What would you like to do this Valentine's Day?

Asnah: We may go for a short-getaway to Malaysia.

Halim: Normally, I would bring her to the shop and ask her to choose what she wants.

Looking for a suitable gift for your loved one? Get a limited-edition Red Cross Bear! Details on Page 11.



Alvin Ee, 30, a Senior Staff Nurse and Chan Kah Mun, 30, an Occupational Health Nurse share their "Red Cross" marriage proposal. Alvin is a Senior Associate Instructor of Singapore Red Cross Academy (SRCA) and Assistant Director of Red Cross Youth whilst Kah Mun is a SRC Member, Volunteer First Aider on Wheels and Basic Cardiac Life Support (BCLS) Instructor with SRCA.

How did you meet each other?

My first contact with her was on Nurses Day (1 August 2012). I handed a case over to her while I was working at Singapore General Hospital's Accident and Emergency Department. We met again at a group "Makan" outing in March 2013 and that was when I wanted to get to know her.

How long have you been together?

Three months after dating, I asked her to be my girlfriend on 24 November 2013 at Changi Airport. She agreed only after midnight, on 25 November 2013.

Three years on, a wedding advertisement in the newspapers inspired me to propose to her. I proposed to her on 30 May 2016 at Escape Room with the help of my best friend, Ambrose and Red Cross Youth friends like Elijah, Bertha, Tracy, Zhi Hong and Shie Jiun. It was a successful proposal that made Kah Mun cry and speechless for a few seconds. We got married on 2 October 2016.

Describe your spouse in three words.

Alvin: Smart, attractive and loves me unconditionally.

Kah Mun: Intelligent, patient and capable.

What was the most memorable moment when you were dating?

Alvin: It was when she celebrated my birthday at RWS Ocean Restaurant.

Kah Mun: It was the Valentine's Day in 2016 when we had a romantic dinner in a hotel which commanded a

magnificent city view. It was the last time we celebrated Valentine's Day as singles, before we changed our marital status.

5. How are both of you involved in the Singapore Red Cross (SRC)?

Alvin: Back in 2013, my wife had to fulfill community work hours as part of her university's requirements. I encouraged her to volunteer with SRC. She signed up as a member and joined as a volunteer with the First Aider on Wheels (FAOW).

We volunteered together in FAOW programme on a Sunday in 2013. As I was the team leader that day, I gave her an orientation. However, we often could not volunteer for first aid duty together as we had shift work and studies. We just did it in our own time.

In May 2016, Kah Mun took up the challenge to be SRCA's BCLS instructor after I shared with her my experience. Her nursing background and her passion for people in life support will definitely benefit society.

By volunteering together as a couple, we learn so much more about each other than we ever learnt in the comfort of our own home. It is a life-changing experience. The most important is that we chose to volunteer in areas where we are both interested in and where we can contribute our skills.

6. What would you like to do this Valentine's Day?

Both: We may either go on a short trip or have dinner in a cable car, which we have not tried before.

JOIN US

Flag Day 2017

We are looking for passionate volunteers to join our Flag Day! Sign up to volunteer with us at <http://srcfd2017.splashthat.com/> or email volunteer@redcross.sg. If you are not able to join us, please donate generously when you see our tin-bearers on the streets. Together for humanity!
Date: 22 April (Saturday)
Venue: Island-wide

First Aid Championships

Cheer the Red Cross Youth Links, Cadets, Chapter Members on as they pit their first aid skills against one another in this competition! Check out our game booths too!
Date: 4 March (Saturday)
Time: 1.30pm to 4pm
Venue: Bedok Town Square

Charity Draw

Stand a chance to win attractive prizes at our Charity Draw! Get your tickets from Singapore Pools outlets island-wide. Proceeds help sustain our local humanitarian services including FoodAid, TransportAid, ElderAid, and Red Cross Home for the Disabled.
Dates: 1 April (Saturday) to 13 May (Saturday)

RCY World Red Cross Day and 65th Anniversary

Learn more about Red Cross Youth and have fun at our carnival in a day of food and games!
Date: 25 March (Saturday)
Time: 2pm to 6pm
Venue: Sports Hub OCBC Square



LIKE & SHARE



Academy Prospectus 2017 - 2018

Singapore Red Cross Academy offers a range of courses in first aid, disaster management and humanitarian aid to strengthen resilience in the community. Grab a copy of the training catalogue from Red Cross House or download the training catalogue 2017 at <http://bit.ly/2kqjDTi>. Funding and grants are available for selected courses. SRC members are eligible for a 20 percent discount on courses. Eligibility criteria applies. Email academy@redcross.sg to find out more.

**Need help or know of someone who does?
Get in touch at the locations below or call 6664 0500.**

Red Cross Home for the Disabled

8 Lengkok Bahru, Family Link @ Lengkok Bahru, #04-01 Singapore 159052

Shop@RedCross Thrift Shops

@Red Cross Training Campsite - 62 Jalan Khairuddin, Singapore 457524 (Opens every Friday, 10.30am to 3.30pm)
@Red Cross House - 15 Penang Lane, Singapore 238486 (Opens every Wednesday, 11am to 4.00pm)

Blood Collection Centres

Bloodbank@HSA Health Sciences Authority, 11 Outram Road, Singapore 169078
Bloodbank@Dhoby Ghaut Dhoby Xchange, 11 Orchard Road, #B1-05 to 10, Singapore 238826
Bloodbank@Woodlands Woodlands Civic Centre 900 South Woodlands Drive, #05-07, Singapore 730900
Bloodbank@Westgate Tower, Westgate 1 Gateway Drive, #10-01 to 05, Singapore 608531

Singapore Red Cross Academy

@ Red Cross House 15 Penang Lane, Level 3, Singapore 238486
@ Atrium International Involvement Hub (I2Hub) 60A Orchard Road, Level 4M Tower 1, #04-02 Singapore 238890



RED CROSS HOUSE

15 Penang Lane,
Singapore 238486
Tel: 6664 0500

Email: enquiry@redcross.sg
redcross.sg

